



Tropical Spinach Salad

Serves: 12 - 1 cup

amount	unit	Ingredients:
9	cups	fresh baby spinach
1	cup	strawberries, chopped
1	cup	pineapple, chopped
2	each	avocado, cubed
0.5	each	red onion, sliced
0.25	cup	pecans, chopped
0.25	cup	olive oil
0.25	cup	apple cider vinegar
2	Tbsp	lime juice
2	Tbsp	honey

Instructions: Layer ingredients in medium salad bowl (spinach, strawberries, pineapple, avocado, onion, and pecans. Combine olive oil, apple cider vinegar, lime juice and honey in a small container with a lid; shake well. Top salad with sweet lime vinaigrette.

Nutritional Information:

Calories: 130; Carbohydrates: 11 g; Fiber: 3.5 g; Sugars: 5.5g; Protein: 1.5g; Fat: 10g; Saturated Fat: 1.25 g; Cholesterol: 0 mg; Sodium: 32 mg